

2022 George Plumley XC Invitational

hosted by Palmer High School

Mike Janecek Trails



2022 George Plumley



Date: Saturday, September 10th, 2022

XC Invitational

Volunteer Meeting: 8:30am Saturday Sept. 10th in lower commons

Coaches Meeting: 8:30 am Saturday, Sept 10th in the theater.

Palmer High School wants to welcome you to the 3rd annual George Plumley XC Invitational. For those that may not have known George Plumley, he volunteered countless hours timing local XC and track meets as well as multiple community races in the Matsu and across the state. George lost his four year battle with cancer in 2019. We would like to honor our dear friend George's memory annually prior to the start of the first race.

Race Contacts:

Dale Ewart (Edward.ewart@matsuk12.us) -Palmer A.D.

Mark Strabel (strabelracingservices@gmail.com) -Registration/Timer

Stacie Stigar (stacie.stigar@mpialaska.com) -Palmer Coach

Chris Everson (cheversman@gmail.com) -Palmer Coach

Course Description: A detailed map of the course will be sent out later. We had some work done this summer and had to reroute a small portion of the trail. . We will be starting on the practice field and finishing the race inside the stadium.

- Minimum five runners per team in a Varsity race (for team points)
- Uniform-School jersey
- Track and course will be available for warm-up
- Awards to follow race
- Please park in the front parking lot at PHS, No bus access directly behind school.
- All lower parking areas are reserved for Handicap parking

Turf/Stadium: We are blessed to have the Michael Janecek trails and Machetanz Stadium. We want to keep our facility in top condition and ask that you adhere to the following rules.

1. Bicycles, rollerblades, skateboards and other recreational equipment are forbidden inside Machetanz Stadium.
 2. The artificial turf and track must be kept free of glass and any sharp objects.
 3. Food and drink, especially sunflower seed and Gatorade are not allowed on the track or turf. **Water is the only consumable allowed on the turf.**
 4. No Pets other than service animals.
 5. No wheeled vehicles on track other than approved school vehicles.
 6. Metal cleats or cleats exceeding ¼ inch in length should not be used on the track
- Our track has a perimeter fence around it and all spectators and athletes are expected to stay behind the fence or in the bleachers.

Entries: All entries must be entered on www.athletic.net by Thursday, Sept. 8th at 5:00 pm. Entry fee is \$4.00 per entrant.

<https://www.schoolpay.com/pay/for/2022-George-Plumley-XC-Invitational-/SeE0vI6>



Day of the Race Changes: If an athlete is sick or absent, then another athlete may be bumped up to fill the vacancy. 7 athletes per team allowed in the Varsity and JV races with remaining participants to fill the open races.

Open Race: Open to **high school students** only!

****No pets on Palmer High School campus, Service Dogs welcomed** with appropriate identification. Please pass on this information to your team and parents.

Order of Races: Open to **high school students** only!

Walk the course: 8:00 AM

Open Races

Girls 9:30 AM

Boys 10:15 AM

*****Palmer Senior Recognition** 11:00 AM

JV Races

Girls 11:15 PM

Boys 12:00 PM

Varsity Races

Girls 12:40 PM

Boys 1:10 PM

Community Race 1:45 PM (Self Timed)